



## ACTIVE DYNAMIC WARM-UP

Exercise

Battle Ropes <sup>2</sup>	Circuits	Time	Distance	Reps	Rest
<a href="#">Cockscrews</a>	2	30 sec.			30 sec.
<a href="#">Large Waves</a>	2	30 sec.			30 sec.
<a href="#">Power Jacks</a>	2	30 sec.			30 sec.
Agility	Sets	Time	Distance	Reps	Rest
<a href="#">"T" Drill</a>				2	30 sec.
Note 1: "Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.					
Note 2: "Battle Ropes" is a circuit program = (Perform: "Cockscrews", then "Double Waves", then "Power Jacks". Then repeat circuit.					

## ELASTICITY and STRENGTH <sup>3</sup>

Exercise					
Strength Circuit Alt#1 - TRX	Circuits	Time	Distance	Reps	Rest
<a href="#">Push up Pike</a>	2-3			5-8	
<a href="#">Plyo Push Up</a>	2-3			8-12	
<a href="#">Body Weight Rows</a>	2-3			5-8	
<a href="#">Reverse Peltier Slams - MB</a>	2-3			8-12	
<a href="#">Split Squat</a>	2-3			5-8	
<a href="#">Jump Squat</a>	2-3			8-12	

Note: If you are struggling with Pull-Ups, utilize the TRX Force - Pull Up program in place of this section of this workout.

## CONDITIONING

Exercise					
ESD	Sets	Time	Distance	Reps	Rest
<a href="#">"T" Drill</a>				5-12	30-60 sec.
Sleds		10-20 sec		5-12	30-60 sec.
<a href="#">Prone 5-10-5 Drill</a>				5-12	30-60 sec.

**Note:** "ESD" is a high intensity, maximal effort, anaerobic interval training. Choose 1 exercise modality. The work ratio is 10 to 20 seconds while the rest ratio is 30 to 60 seconds. Slowly progress the number of repetitions as tolerated.

## RECOVERY

Exercise					
Stretches <sup>3</sup>	Sets	Time	Distance	Reps	Rest
<a href="#">Calves and Hamstrings</a>		30 sec.			
<a href="#">Hipflexors and Quads</a>		30 sec.			
<a href="#">Adductors</a>		30 sec.			
<a href="#">Hip Rotation and Posterior</a>		30 sec.			
<a href="#">Bretzel</a>		30 sec.			
<a href="#">90/90 Shoulder</a>		30 sec.			

**Note <sup>3</sup>:** "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.